

City Council
Len Torres, *President*
Anthony Eramo, *Vice President*
Eileen J. Goggin
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Anissa D. Moore

City of Long Beach



City Manager
Jack Schnirman

Assistant Superintendent
of Parks and Recreation
Paul Ferrante

Parks & Recreation Department

Surf-Fit Fitness Class

This class will be held upstairs at the Long Beach Ice Arena.

Wednesdays 6:30pm – 7:20pm _____
Or
7:30pm – 8:20pm _____

Schedule of Classes:

	April	May
Wednesday	6 – 13 – 20 - 27	4 – 11 – 18 – 25

Class description: Our 8-week, surf inspired program is designed to help you build long and lean muscles, while engaging your core and improving your balance and stability. This workout will have you training like an athlete, building muscles, and engaging in body and mind challenges, while having fun at the same time! Gear up and get on board!

*****Limited space available*****

Fee: \$80 for all classes

Make checks payable to City of Long Beach. Cash, Visa or MasterCard are also accepted.

Surf-Fit Fitness Class Spring 2016

****Put Telephone # on check**

NAME _____ AGE _____ SEX _____
STREET _____ CITY _____
PHONE _____ E-MAIL _____

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Long Beach Parks & Recreation Department and the City of Long Beach, their representatives, successors, and assigns for any and all injuries suffered by me in said program. I hereby authorize and give full consent to the City of Long Beach to use and or publish photographs or video, of me or my child while participating in this Recreation program.

Signature _____ Date _____

For Rec Use Only:

Receipt # _____ Amt Pd. _____ Date _____ Staff _____ Posted _____